

Mark III Survival Kit

✓ Plastic Container:	Storage of contents, mixing bowl, cup, digging
✓ Compass (Silva):	Direction finding
✓ Flint:	With attached striker for fire lighting
✓ Hacksaw Blade:	Striker for flint, cutting metal
✓ Cotton Pad:	First aid, pulled apart for fire lighting tinder
✓ Whistle:	Signalling
✓ Knife:	Cutting, probing
✓ Plastic Mirror:	Signalling, self first aid
✓ Tweezers:	Removing splinters, other minor operations
✓ Plastic Bags:	Water procurement, wind/water proofing, carrying, storage, improvised emergency flotation devices
✓ Needle:	Probing, sewing. Eye accepts fishing line as thread
✓ Condom:	Water proofing and concealment of items
✓ Fishing Line:	Fishing, binding, sewing, snares
✓ Fishing Hooks:	Fishing, gaff
✓ Brass Swivel:	Stops line twisting
✓ Sinkers:	Lure weights, can be polished as a lure
✓ Trace Wire:	Fishing trace, binding, snaring, general repairs
✓ Stock Cubes:	Soup, alfoil as fish lure. Warning: contains MSG
✓ Cord:	3 meters of three ply - multi use
✓ Tea Bag:	Warm or cold beverage
✓ Coffee:	Warm or cold beverage. Note: coffee is a diuretic
✓ Glucose Tablet:	Sweet energy boost, fire making with Condy's
✓ Purification Tabs:	1 tab per 2 litres of water - wait 30 mins or 1 tab per 1 litre of water - wait 10 mins
✓ Condy's Crystals:	Antiseptic, antifungal, fire making
✓ Bandaids:	Covering small cuts and abrasions
✓ Scalpel Blade:	Probing for splinters, delicate cutting
✓ Paracetamol Tablets:	Suppressing pain and mild fever
✓ Alcohol Swabs:	Sterilising/cleaning skin wounds, fire lighting
✓ Antiseptic Wipes:	External use only. Warning: contains iodine
✓ Instruction Sheet:	Memory aid, notes, emergency fuel
✓ Magnifying Lens:	Reading, first aid, fire lighting
✓ Pencil:	Writing, graphite lubricant, shaved wood as fuel

Recommended Additions:

Antibiotic Tablets:	Treat infection
Diaguard:	Combating diarrhoea
Anti Nausea Tablets:	Controlling sick feeling
Anti Histamine:	For reactions to bites and stings
Eye/Ear Ointment:	Multiple uses

Add any special personal medications and items you feel necessary.

Special Note: After checking the contents and adding extra items, seal your kit with tape to make it as water proof as possible.

Your Survival Fishing Tackle

Fishing line approx 10 metres long with a 7kg (15lb) breaking strain.
Variety of hook sizes and colours for different situations.

Lures gained from the kit are:

- The red plastic strip off the zip lock bag and the stock cube alfoil wrapper tied onto the hook shank.
- Moth and insect shapes can be made from the water purifying tab wrappers.
- Lead sinkers can be scraped to polish as a lure.
- The barrel sinker is made of lead and can be made smaller if needed by cutting in half using the hacksaw blade.
- Natural baits - insects, worms, grubs, pieces of an animal carcass.
- Bird feathers make an attractive lure attached to the hook shank.

Experiment with combinations of baits, lures and hook sizes if uncertain of what fish are available.

Try fishing at different times of the day and night.

You can leave your line in as a "sleeper line" if possible.

Never eat fish that puff themselves up.

Never eat fish or shellfish if you are uncertain of their edibility.

The Five Priorities in an Emergency

Water • Warmth • Shelter • Signals • Food

These are the five requirements you must provide and control to stay alive in any environment. Write these down on your notepaper and then prioritise them.

- **Water:** To clarify water, filter it through cloth or semi porous material to remove suspended materials or impurities.
All water then must be sterilised before consumed.
This can be achieved by using the sterilisation tablets in your kit or by boiling.
Eat little or nothing unless water is plentiful, as your body uses lots of water in it's digestion of food.
Act to conserve your sweat, not your water. Rest during the heat of the day and be active in the cooler times.
Remember to drink water in mouth fulls and never sip water, as sipping does not prevent dehydration.
- **Warmth:** Your body core temperature must be maintained.
Get out of the wind or build a windbreak. Light a fire, this is a good source of warmth. If possible use a reflector to radiate heat back to you.
Stuff dry leaves or grass in between the layers of your clothing to trap your body heat in the air spaces.
- **Shelter:** Use what vehicle you have as a basis. Strip parts off to construct a shelter if you need to. Natural shelters include leafy trees, hollow logs, burnt out tree bases, rock overhangs and caves.
Remember you can also dig a hole to create a shelter in the ground.
- **Signals:** Day Signals - the whistle and/or signal mirror from the kit and/or large smoky fire(s).
Make ground to air signals more visible by contrasting them against your surroundings.
Night Signals: Large fire(s). Whistle blasts carry further at night. Three evenly placed whistle blasts indicates a person in distress, a single blast indicates we are searching for you.
- **Food:** Remember in your kit there are two stock cubes, which make soup that will abate hunger. There is a coffee sachet and a tea bag for a brew and a glucose tablet as sweetener.

Remember: Your kit contains fishing line and trace wire for animal snares.

Do not eat any animal or plant material unless you are certain that it will have no ill effect on you or your health.

Condy's Crystals

Condy's Crystals: Potassium permanganate or potassium manganate.

This purple compound dissolves easily in cold water.

In solution, it is widely used as a disinfectant and an anti-fungal treatment in a variety of applications.

Antiseptic Solution: Mix a small amount of water and a pinch of Condy's Crystals in the kit box. The darker in red colour in solution the stronger its antiseptic power. When applied to your skin will turn light brown in colour. This colour wears off after a few days and is not harmful to your skin or health.

Fire Lighting: Mix half a crushed glucose tablet with the same amount of Condy's Crystals and then using the side of the knife blade scrape the two together on a hard, dry surface. The mixture will spark and flame. Be ready to place dry, finely shredded tinder on the brief flame.

Do not let the first time you use the contents of this kit be in a real survival situation.



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